

FAT FREE, MINUTE® TAPIOCA PUDDING

With two easy ingredient substitutions, you can enjoy a delicious MINUTE®TAPIOCA pudding that is completely fat free and low in cholesterol!

Just follow the Tapioca Pudding recipe (on package) except...

INSTEAD OF: 1 whole egg and 2-3/4 cups whole milk

USE: 1/4 cup egg substitute and 2-3/4 cups skim milk

Nutrition information per serving:
100 calories, 5 g protein, 20 g carbohydrate, 0 fat, 0 cholesterol, 70 mg sodium, 0 dietary fiber.

SAVORY BEEF STEW

- 2 pounds beef for stew, cut into 1-inch cubes
- 4 carrots, cut into 1-inch diagonal pieces
- 12 small white onions
- 3 stalks celery, sliced
- 1 small white turnip, diced
- 1/2 cup diced green pepper
- 2 teaspoons salt
- 1/3 cup MINUTE®Tapioca
- 1/4 teaspoon each marjoram leaves, thyme leaves and pepper
- 1 bay leaf
- 1 can (10-1/2 ounces) condensed beef broth
- 1 cup water

Heat oven to 300° F.

Mix all ingredients in 3-quart casserole; cover. Bake 2 1/2 hours or until beef is tender, stirring after 1 hour.

Makes 8-1/2 cups or 6 to 8 servings.



FRUIT JUICE TAPIOCA PUDDING

1/3 cup sugar

3 tablespoons MINUTE® Tapioca

Dash salt

2 cups grape juice*

*Or use apple juice, unsweetened pineapple juice or reconstituted frozen concentrated orange juice.

Mix sugar, tapioca and salt in medium saucepan. Add juice; let stand 5 minutes.

Cook and stir on medium heat until mixture comes to full boil. (Pudding thickens as it cools.) Remove from heat.

Cool 20 minutes; stir.

Serve warm or chilled. Layer in parfait glasses with whipped topping, if desired.

Makes about 2 cups or 4 servings.

CHOCOLATE TAPIOCA PUDDING

1/3 cup sugar

3 tablespoons MINUTE®

Tapioca

2-3/4 cups milk

1 egg, slightly beaten

2 squares BAKER'S® Semi-Sweet

Chocolate

1 teaspoon vanilla

Combine sugar and tapioca in saucepan. Stir in milk and egg; let stand 5 minutes. Add chocolate.

Cook and stir on medium heat until mixture comes to full boil.

(Pudding thickens as it cools.)

Remove from heat. Stir in vanilla. Cool 20 minutes; stir.

Makes about 3 cups or 6 servings.

